**ENGLAND WORLD CUP WINNER KATHERINE BRUNT REFLECTS ON TEENAGE STRUGGLES**

World Cup winner Katherine Brunt has looked back on her struggles with weight and low self-esteem which – during her teenage years - almost saw her not fulfil her dream of playing for England.  
  
In a candid interview with the ECB and NatWest for the #NoBoundaries campaign, Brunt, 32, who was a star of the England team that won the 2017 ICC Women’s World Cup, revealed how bullying at school damaged her confidence and left her not wanting to play the sport she loved.  
  
Brunt, who plays for England in back-to-back IT20 matches against South Africa and New Zealand tomorrow in Taunton, said:  
  
“Kids can be horrible sometimes. I was overweight at school, I didn’t have good fashion sense and my parents were pretty old school and I had my brothers’ hand-me-downs. My parents had six children, so they weren’t able to buy clothes for all of us. It was a really horrible time.  
  
“I was lucky to have a good family and grow up in a sporting environment. I guess I have my parents to thank for all their support over the years.”  
  
Describing how sport and running with her father resulted in her getting her confidence back, she said:   
  
“I looked in the mirror one day and said that I didn’t want to be that person anymore. So I started jogging with my dad.  
  
“He’s a runner so I started running with him to get fit and three months later I’d lost two stone and was feeling much better about myself.”  
  
As part of the #NoBoundaries content series from NatWest, which celebrates cricket’s inclusivity and the role the game can play in improving society, Brunt went back to her first cricket club in Barnsley to meet her former coach Paul Shaw.  
  
Shaw added: “Katherine has inspired thousands upon thousands of young girls to play this game and I think that is the greatest thing she has achieved, in my opinion.

“For those young girls, knowing that there is a pathway and there is a career and that they can follow Katherine and become the next Katherine Brunt, that’s pretty inspirational.”  
  
Brunt also described how winning the World Cup caused her to break down with emotion at the end of the famous nine-run win over India, at Lord’s on 23rd July 2017.  
  
She added: “After the final it all hit me at once, all these emotions, I couldn’t move. My dad pushed me to play for England, my brother taught me everything I knew.

“There’s a picture of me and my dad and my brother outside the Long Room cuddling after we won the final, they are really emotional pictures. If it wasn’t for my family I wouldn’t be where I am today, without their support over the years I wouldn’t have been able to make it. It means a lot.”

To watch the video go to <https://www.ecb.co.uk/video/747312>.

To access a 60-second teaser of the video go to <https://prod2-sprcdn-assets.sprinklr.com/50099/9d4c5984-9503-47ab-ae83-a075802543a3-496766143.mp4>